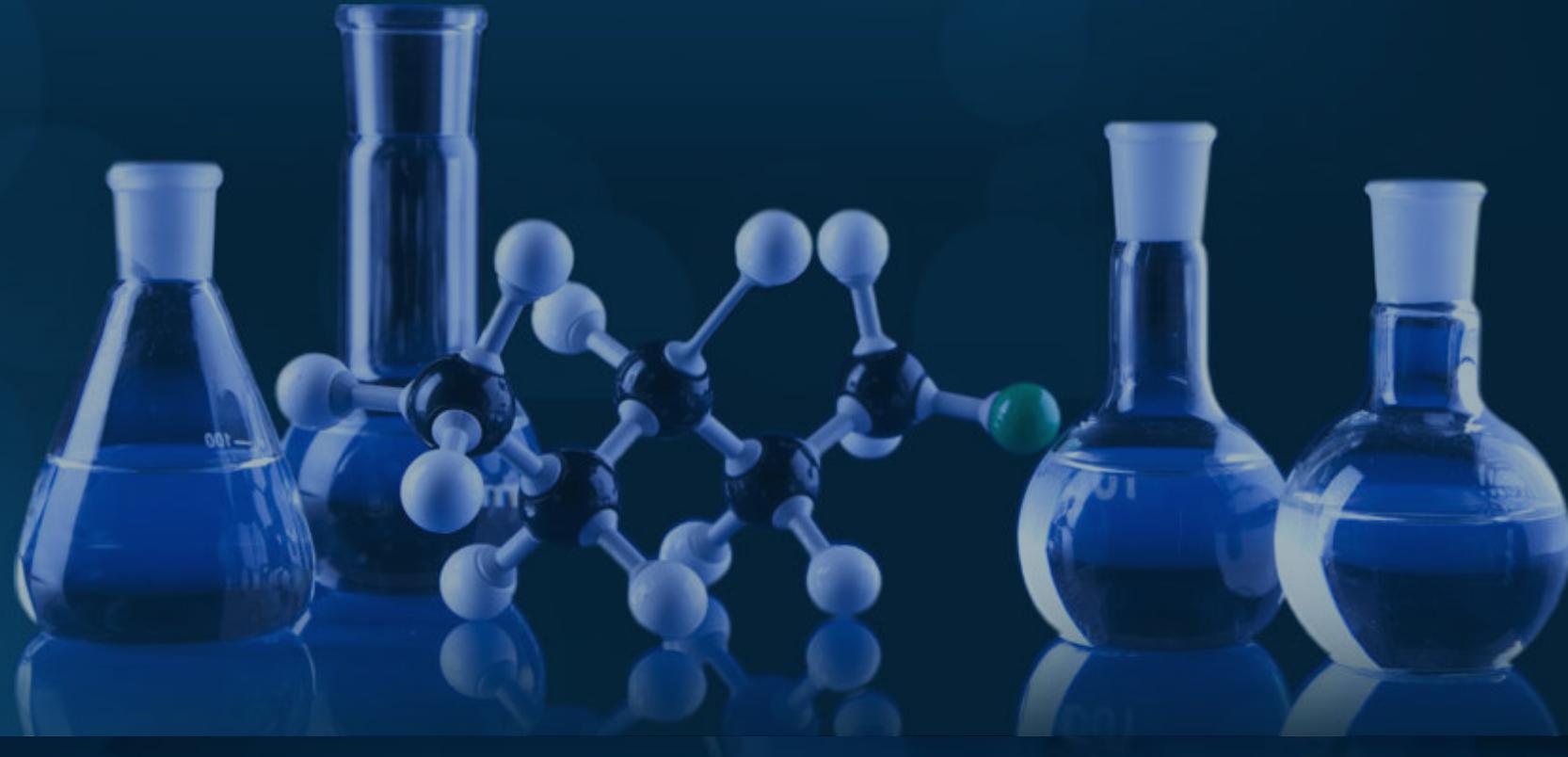


**ARL is an Authority on Nutrition
and the Science of Balancing Body
Chemistry Through Hair Tissue
Mineral Analysis!**

Hair Tissue Mineral Analysis

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Potassium

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Sources Of Potassium

Seafood -	halibut, herring, lingcod, sardines
Meats -	goose
Nuts/seeds -	pecans, sesame, sunflower, walnuts, almonds, brazil nuts, cashews, chestnuts, filberts, peanuts
Fruits -	avocados, dates, figs, prunes, raisins
Vegetables -	watercress, garlic, horseradish, lentils, parsley, potatoes, spinach, artichokes, lima beans, beet greens, swiss chard, collards
Grains -	buckwheat, rye, wheat bran
Miscellaneous -	chocolate, molasses, mushrooms, kelp, yeast, salt substitutes

Roles In The Body

Potassium has many roles, especially intracellular fluid balance, and cell membrane effects such as muscle contraction, nerve impulse conduction, and cell permeability.

Functions Of Potassium

Circulatory -	lowers heart rate, dilates arteries, can reduce blood pressure
Excretory -	maintains acid-base balance
Digestive -	increases digestive tract activity
Endocrine -	helps raise aldosterone and other hormones
Metabolic -	involved in carbohydrate metabolism

Synergistic Nutrients

magnesium

Antagonistic Nutrients

calcium, processed food diets are low in potassium

Hair Analysis Notes

Potassium is known as the follow-through mineral. Hair must not be washed at the laboratory to obtain accurate potassium readings.

High Hair Potassium:

- indicates high sugar and glucocorticoid levels.
- very high potassium can be a potassium loss due to excessive breakdown of body cells.

Low Hair Potassium:

- indicates adrenal gland exhaustion.
- very low potassium is associated with allergies, fatigue, low blood sugar, sweet cravings, and low blood pressure.

Reasons For Potassium Supplementation

- to lower a high sodium/potassium ratio
- to enhance energy production

*This material is for educational purposes only
The preceding statements have not been evaluated by the
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This information is not intended to diagnose, treat, cure or prevent any disease.*

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